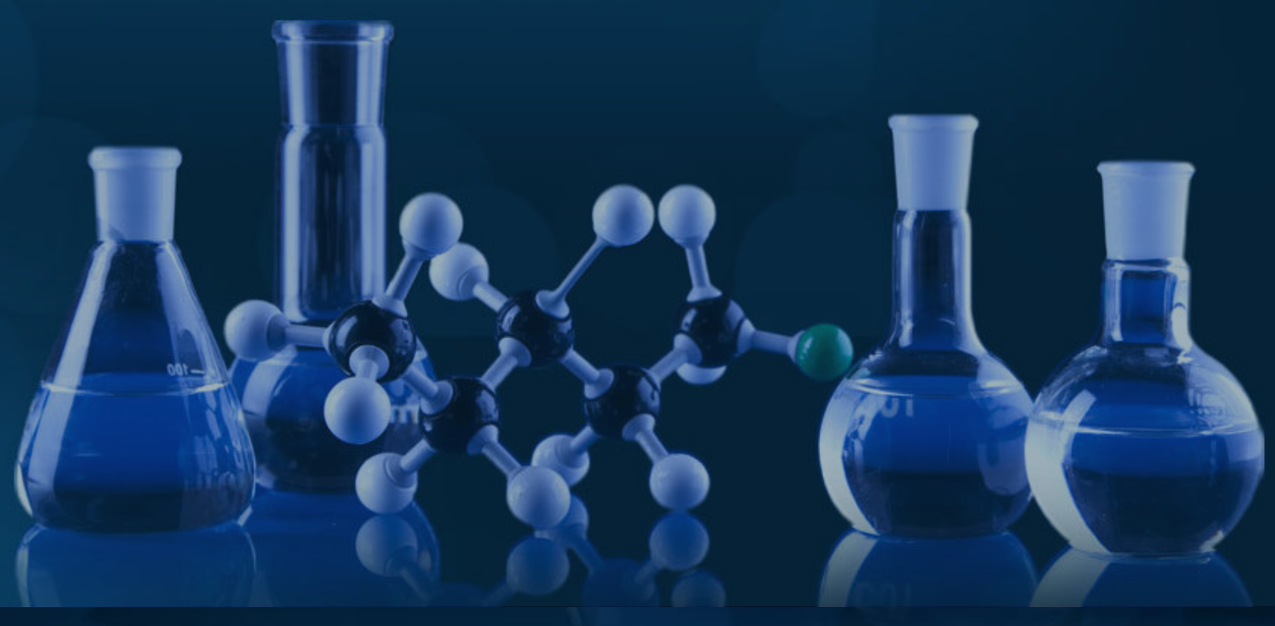

Chromium

Sources Of Chromium

Seafood -	oysters
Meats -	calves' liver, egg yolk
Nuts/seeds -	peanuts
Fruit -	grape juice
Dairy -	American cheese
Grains -	wheat and wheat germ
Miscellaneous -	brewer's yeast, black pepper, molasses

Roles In The Body

- Glucose tolerance factor - chromium is involved in maintaining blood sugar levels and energy levels.
- Cholesterol regulation
- Other possible roles involved in the synthesis of DNA

Functions Of Chromium

Circulatory -	serum cholesterol regulation
Digestive -	sugar and carbohydrate utilization (via insulin)
Nervous -	maintenance of nervous system by regulation of blood sugar
Eyes -	corneal clarity
Muscular -	supplies energy for muscular contraction
Skeletal -	essential component of bones and hair
Protective -	immune system (via insulin)
Metabolic -	fat, protein, and carbohydrate metabolism regulation

Synergetic Nutrients

insulin, glucose, magnesium, vitamin B6, zinc, manganese oxalates, salicylates

Antagonistic Nutrients

Absorption -	iron, manganese, zinc, vanadium, phytates
Metabolic -	glucagon

Hair Analysis Notes

High Hair Chromium:

- a high chromium level is often indicative of a loss of chromium through the hair, and is frequently caused by an iron toxicity or another mineral imbalance problem.

Low Hair Chromium:

- supplementing chromium when chromium reading is low, is frequently helpful in correcting symptoms of fatigue, or sugar and carbohydrate intolerance.
- excessive iron intake is a frequent cause of both high and low chromium levels.1

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The preceding statements have not been evaluated by the
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This information is not intended to diagnose, treat, cure or prevent any disease.

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